

Day 1 - Saturday	Arrival
Day 2 - Sunday	
Morning class 8-9:30am	“Hallelujah” Flow (Technique Training & Practice TTP)
4:30 - 5:30pm	Theory - Principles of Yoga Waves Flow (Teaching Methodology)
Sunset class 5:30pm - 7pm	Learning how to teach “Hallelujah” Flow (TM)
Day 3 - Monday	
Morning class 8-9:30am	“Holy” Flow (Technique Training & Practice TTP)
Sunset class 5:30pm - 7pm	Learning how to teach “Holy” Flow (TM)
Day 4 - Tuesday	
Morning class 8-9:30am	“Feels like” Flow (Technique Training & Practice TTP)
Sunset class 5:30pm - 7pm	Learning how to teach “Feels like” Flow (TM)
Day 5 - Wednesday	
Morning class 8-9:30am	“Shallow” Flow (Technique Training & Practice TTP)
Sunset class 5:30pm - 7pm	Learning how to teach “Shallow” Flow (TM)
Day 6 - Thursday	
Morning class 8-9:30am	“Everglow” Flow (Technique Training & Practice TTP)
Sunset class 5:30pm - 7pm	Learning how to teach “Everglow” Flow (TM)
Day 7 - Friday	
Morning class 8-9:30am	Reviewing & Practising all the Flows (Technique Training & Practice TTP)
4:30-5:30	Reviewing, Questions & Answers (TM)
Sunset class 5:30pm - 7pm	Learning how to teach the “Warm Up Flow” Flow (TM)
Day 8 - Saturday	Departure